

The cover features decorative blue line art swirls in the corners. The main title is centered in a green, outlined font.

STRESS LESS:

AN ACTION GUIDE FOR TEENS

change
to chill[™]
by Allina Health



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INTRODUCTION

There is so much pressure to do and be your best in school, at home, online, in after-school activities and your social life, and it sometimes can be stressful to do it all! Stress is just about everywhere and, as it turns out, can be a barrier to overall well-being.

Fortunately, taking care of your mind and body can be fun. Yes... fun. And it doesn't have to be hard! There are tons of activities and exercises available for teens who want to make mindful choices about their overall mental well-being, but with so many different sources telling you all sorts of ideas, how do you know where to start?

Allina Health decided to do something to make it easier to start by creating Change to Chill™.

WHAT IS CHANGE TO CHILL?

Change to Chill is a free online resource offered by Allina Health aimed at improving mental well-being among teens. Through collaboration with teens, parents, schools and community partners, the program:

- * Provides easy-to-use information and resources about stress for teens
- * Addresses what stress is, what triggers it and how to recognize its signs
- * Equips teens with tools for coping with stress, such as meditation, mindful movement, how-to videos and guided imagery.

HOW TO USE THIS GUIDE:

This guide was created to empower teens to educate and engage their peers, parents and communities around the challenges stress and mental well-being place on students' ability to perform at their best. By working together, teens can support their peers in overcoming stress and anxiety barriers and build an environment conducive to growth and learning.

THE POWER OF TEENS

Research suggests people are more likely to listen to messages and change their attitudes and behaviors if they believe the messenger is like them ([Sloane & Zimmer, 1993](#)).

In other words, you have the power to influence behavior-change amongst your peers; you have the power to inspire action.

By establishing partnerships with peers, parents, school officials, teachers and community organizations to join you in action, you can make a real, meaningful difference in your school and community.

This guide focuses on interactive activities intended to build resiliency and promote well-being among teens.

Following the practices outlined in this guide can help strengthen your impact and integrity as a leader in your community.



WHO IS THIS GUIDE FOR?

Teen leaders, participants, or teens wanting to get involved, in a club, council, organization, etc.

Teens who are regularly stressed, or have peers who are frequently stressed, and want tools to help them manage it.

Teachers, parents, school and community leaders who want to help teens manage stress and create a more peaceful learning environment.

HOW CAN THIS GUIDE BE USED?

This guide is intended to help teens manage their stress and encourage peer-to-peer well-being education.

THIS GUIDE IS AN ACTIVITY RESOURCE FOR:

- * After-school programs
- * Classrooms
- * School-based clubs
- * Student-community partnerships
- * Teen organizations

LET'S GET STARTED

From classrooms to after-school programs, student-based clubs to entire student bodies, student-community partnerships and beyond, these activities were designed to fit a variety of group settings.

SMALL-SCALE ACTIVITIES

Teen-led activities based in a classroom or small meeting setting.

LARGE-SCALE ACTIVITIES

Teen-led activities and events intended for a larger audience, or events that may require more planning to put together.

BUILD-YOUR-OWN 'CHILL WEEK'

Mix 'n' match fun, day-of-the-week titles with small and/or large-scale activities. Chill Week is a sustained way of spreading awareness about causes of stress and ideas on strengthening overall mental and physical well-being.

STRESS-RELIEF DO-IT-YOURSELF (DIY) PROJECTS/ACTIVITIES

Easy, interactive DIY activities for individuals or groups. The process of creating something and focusing on a fun task can ease your mind, and the final products are all designed to relieve stress!

EVENT PLANNING BREAKDOWN

1. RECRUIT (YOUR TEAM)

If you're planning on doing a large-scale event, partner with a youth group (i.e. student council or the National Honor Society) that has experience putting on events. This way, you get their expertise, and they get another opportunity to further engage with the school or community.

If you don't want to partner with an already established group, recruit your most committed and creative friends to form an action team.

If you're planning on doing a small-scale event, partner with your teachers, organizational leaders or community members.

2. DEFINE (YOUR OBJECTIVES)

- * Who is your audience?
- * Why should students care about stress and stress-relief?
- * What outcome are you hoping to accomplish?

3. DEVELOP (YOUR STRATEGY)

Break goals down into specific action items. Check out our event planning worksheet (pg. 9) to help you keep organized.

- * What are you planning?
- * When is it happening?
- * Where will it take place?
- * How will you make it happen?
- * Who is in charge of each action item?
- * Are the students leading the activities, or are the teachers?

4. EMPOWER (YOUR TEAM)

- * Build confidence and trust by delegating tasks
- * Address any hesitancy or resistance
- * Set realistic expectations

5. LEARN (ABOUT TEEN WELLNESS)

Read about it. Understand what teen stress is, what causes it, and how it can be remedied. Familiarize yourself with the Change to Chill [website](#) and available resources.

6. CREATE (VALUE)

Understand what your peers are feeling and what's causing it, and cater your planned activities to address that.

Ask your peers/group members to take the [Stress Factor Quiz](#) and use their results to inspire your action plan!

Planning a high-quality event requires time and energy, so allow yourself time to research, think through the activities, get organized and promote.

7. BUILD (AN AWESOME EVENT)

Partner with people in your community. Ask if a local yoga instructor will donate their time, see if a mental health counselor will give a presentation, and/or ask businesses to donate prizes and supplies.

Create buzz on social media (refer to event promotion guide on page 29), order/print your FREE Change to Chill posters from changetochill.org, talk about it on your school intercom or video announcements, and ask teachers to announce your event before class.

8. MEASURE (THE RESULTS)

- * Did you reach your goals?
- * Did you communicate your message effectively?
- * Did event/activity participants react positively?
- * How do you think your peers retained what they learned one week, two weeks, one month, etc., after the event/activity?

EVENT PLANNING WORKSHEET

Use this sheet to help you plan and organize your event.

EVENT NAME:

DATE:

PROMOTION:

- ☐ Social media posts
- ☐ Facebook events
- ☐ _____
- ☐ _____
- ☐ _____

TEAM/ROLE:

- * _____
- * _____
- * _____
- * _____
- * _____
- * _____

MATERIALS NEEDED:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LOCATION/TIME:

NOTES:



SMALL-SCALE ACTIVITIES

THE FOLLOWING ACTIVITY IDEAS WORK BEST FOR
SMALLER GROUPS. CLASSROOMS, STUDENT GROUPS,
CLUBS, AND YOUTH GROUPS ARE ALL GREAT PLACES
FOR PLANNING THESE ACTIVITIES.

ACTIVITY 1: STRESS 101 LESSON PLAN

Use the instructions that follow to lead a lesson for students that will help them be healthier, happier and more resilient. The materials can work in almost any setting!

OVERVIEW

STEP 1: Getting Started

STEP 2: Create a Safe Space

STEP 3: Determine Stress Factors

STEP 4: What is Stress?

STEP 5: Let's Practice

WHAT YOU MAY NEED:

- * Electronic devices for each participant or a larger screen with audio that can be seen by all
- * Internet connection
- * SMART Board or projector (or TV connected to a laptop)
- * Poster paper or flip chart
- * Pen or pencil (one for each participant)
- * Copies of the [*Stress: What Brings It On?*](#) worksheet or blank pieces of paper (one for each participant)
- * Phone cameras and computers for participating in the Chiller Challenge



STEP 1: GETTING STARTED

Show the [Change to Chill intro video](#). Take a few minutes to see if anyone in the group has a reaction, comment or question they'd like to share about the video or about stress in general. Don't spend too much time on this, but do give people a chance to speak. Then explain that in today's session they will learn about some of the many resources available through Change to Chill and have a chance to practice using some of them.

STEP 2: CREATE A SAFE SPACE

Point out that talking about stress, what causes it and ways to deal with it might mean that at some point you'll address sensitive or emotional topics. It's important therefore to create a safe space where people feel they can share information and ideas and be respected and treated well. Ask the group to brainstorm a list of expectations, norms or agreements that will help make that so. If necessary offer a few examples, [like the ones listed here](#), to get them started. Write their ideas on a piece of poster board or flip chart paper and then post it where everyone can see it. You can point back to it during the session as a reminder if and when they need it.

STEP 3: DETERMINE STRESS FACTORS

Have the group take the [stress factors quiz](#). They can do this together if they prefer and agree to choose the answers they think are most common among their group or among teens in general. There are five questions and no right or wrong answers. By taking the quiz, they will learn where their own stress is coming from and what stress does to them.

Once participants have answered the 5th and final question and clicked "next," a results page will appear. Give time for reviewing the customized results and exploring the recommended resources on the website. This can be done individually or in a group setting. Never pressure individuals to share their answers or results if they don't want to.

STEP 4: WHAT IS STRESS?

Visit the [What Is Stress?](#) page. Once there, read through as a group the Causes of Stress section. Distribute copies of the [Stress: What Brings It On?](#) worksheet. Alternately, have them view the worksheet to see how it's set up. Then ask them to each draw three matching columns on a blank piece of paper, marking the top of the columns (from left to right) "then," "now" and "when." Follow the instructions on the worksheet.

STEP 5: LET'S PRACTICE

On the next few pages, you'll find four different options for activities. Although we've built these activities into a lesson plan, each activity could also stand alone.



OPTION 1: MEDITATION

Meditation is one of the healthiest and most effective stress-busting strategies. It is the practice of turning your attention to a single point of focus. It can take many different forms.

Change to Chill has a number of options for trying meditation with the help of videos and guided audio recordings. Learning some easy relaxation and meditation techniques can help you think more clearly, make better decisions, and manage whatever comes your way.

Invite participants to each get in a comfortable position. Inform them they can either watch the [full video](#) quietly or close their eyes. Either way, encourage them to follow the instructions and try the meditation. If necessary, remind them of the Safe Space agreements. At the end of the meditation, take a few minutes to discuss what they thought of the experience. Point out that they can come back to the Change to Chill website and experience this, or other guided meditations, and relaxation activities at any time.

OPTION 2: CHILLER CHALLENGE

Chillers are quick, helpful messages about how to slow down and step back from stress. The Chiller Challenge is a creative outlet for self-expression and individuality. Show the group the [short video](#) so they know what it's all about. Then see the "Chiller Challenge for Teens" [guidelines and examples](#). Finally, give participants some time to work on creating their own Chillers either for themselves or to submit to Change to Chill.



OPTION 3: GETTING PERSPECTIVE

Everyone will need a writing utensil and something to write on. Instruct participants to break into small groups of 3-5 people. Read each prompt out loud, provide them with a few minutes to jot down an answer, and then ask each group to spend five minutes discussing answers.

Think about a moment in time when you were at your worst, a time you might rather forget. Or even a longer period of time when you were just really in a funk.

What if that time got labeled and it was all you were ever seen as? That wouldn't be fair. And it would probably have some negative consequences, like people not being as friendly with you or not giving you opportunities you might like to have.

Everyone loses when you start letting individual instances or judgments determine how you see people and situations. Those who are unfairly judged are hurt, and so are those who don't keep an open mind about people and possibilities.

What's one thing someone could have said to you that would have made you feel better? What's one thing you could say to someone who has been unfairly hurt or judged that would make them feel better? What's one thing you could say to someone who has been unfairly hurt or judged that would make them feel better?

Have you ever tried something and felt like it didn't go the way you hoped? Did it feel like a failure? Did you try again? What happened the next time?

Any time something doesn't go the way you want, you have a choice: you can view it was a failure or you can view it as an opportunity to learn from the feedback of it not going the way you wanted. It is okay to make mistakes and the most important part of mistakes is what you learn from them – failure is what didn't happen and feedback is what did happen.

Think of a time when something didn't go as planned and you quickly labeled it as a failure. How did that make you feel? How could you have viewed the situation as positive instead of negative?

It's nice when things go exactly as planned, but sometimes they don't.

Have you ever made plans with friends and then they don't turn out the way you planned? Maybe the movie you wanted to see is no longer playing. Or the coffee shop you were going to is closed. Some people get really upset when things don't go the way they thought they would and that reaction makes it hard to see other possibilities. Other people go with the flow and view the unexpected as an opportunity – they have flexibility. The more flexible you are, the more likely you are to be resilient and be the person to direct positive change.

Think about a time when things didn't go as planned. What is one thing you could have done to adapt to the unexpected and make a positive change? Be flexible.

Sometimes Google Maps or GPS directions don't match the actual streets or buildings. For example, if you were on a road trip and the map says to take Exit 3C for 7th Street, but when you arrive there is no exit for 7th Street, your first response may be to panic.

Similarly, sometimes the maps you have in your mind (remember your "map of the world"), don't always match what is actually happening in your life. The more you can be aware of your maps, the more you can adjust and adapt as needed – this is called a Mental Remix.

Everyone experiences stress. But its how you deal with it that makes a difference in your overall perspective.

Try to mentally remix your next stressful event and write down three ways you can turn things around.

More ideas on [Getting Perspective](https://changetochill.org) on things that matter can be found at changetochill.org.



OPTION 4: MINDFUL MOVEMENT

Introduce the idea of mindful movement, or simply stretching and breathing, as a way to reduce stress. Check out the Change to Chill [video library](#) and select 3-5 Mindful Movement instructional videos. Invite participants to each get in a comfortable position, and play the videos on a projector or SMART Board. At the end of the meditation take a few minutes to discuss what they thought of the experience. Point out they can come back to the [Change to Chill website](#) and experience this or other guided meditations and relaxation activities at any time.

STEP 6: WHAT'S NEXT?

Point out that changing to chill is what's known as a practice. It's something you do regularly and learn about over time. No one ever just learns to chill once and then is done. Fortunately the Change to Chill resources are available anytime and anywhere young people have Internet access. To encourage teens to continue the practice they've started today, ask them to choose one activity or suggestion from the website they are committed to trying or repeating in the next week. Invite volunteers to say which thing they are going to try and why.

ACTIVITY 2: CHILL ZONE

Work with your homeroom teacher(s) or organizational leaders on dedicating one homeroom or meeting period a week to include stress-free activities. Print out [coloring sheets](#), crossword puzzles and sudokus (or collect puzzle and coloring book donations), put on some music, bring out the board games, and incorporate any other fun activities you can think of to create a relaxing environment before you start your class-packed day.

If your school does not have homeroom, talk to your school leaders about creating a stress-free activity space in the library!

WHAT YOU MAY NEED:

- * Printouts of [coloring sheets](#) and puzzles
- * Donated coloring books, puzzle books and board games
- * Colored pencils or crayons
- * Computer or speaker for music
- * Printout of the [Chill Zone poster](#)





LARGE-SCALE ACTIVITIES

THE FOLLOWING ACTIVITY IDEAS WORK BEST FOR LARGER GROUPS. THINK BIG! GET YOUR FRIENDS AND PEERS INVOLVED TO HELP PLAN SOMETHING GREAT. WHEN SCALING UP, YOU MAY NEED TO GET CREATIVE WHEN IT COMES TO PROMOTING YOUR EVENT. CHECK OUT OUR TIPS LATER IN THE GUIDE!

ACTIVITY 1: VIDEO ANNOUNCEMENTS

If your school has video announcement capabilities, talk with your school leadership about incorporating your favorite [Change to Chill videos](#) into the announcements once per month (if not in a school setting, try incorporating Change to Chill videos into a meeting once a month). Begin with the Change to Chill [Introduction video](#), then do some exploring to select the rest!

WHAT YOU MAY NEED:

- * Video announcement capabilities (or TV or projector in a non-school setting)
- * Change to Chill videos

***ALTERNATE OPTION:** If your school does not have video announcements, try incorporating a school-wide guided meditation session over the intercom, instead!

ACTIVITY 2: EXTENDED LUNCH

Talk to your school or organization leaders about extending your lunch break an extra half hour sometime before finals, or during a day of a conference, to have some fun! Ask the planning team to bring their favorite game, or see if any of your peers or educators would be willing to lend you their bean bag toss or giant jenga.

WHAT YOU MAY NEED:

- * Board games
- * Yard games
- * Speaker (for music)

ACTIVITY 3: EARLY BIRD MINDFUL MOVEMENT

Talk to your school leaders, physical education teacher(s), health teacher(s), and/or organizational leaders about utilizing an open classroom, meeting room or gym space a couple times each week for early morning yoga video classes. You could also ask them to assist you in selecting quality yoga video classes taught by certified instructors. Beginning your day with mindful movement can reduce stress and relax your body and mind before your busy day begins.

WHAT YOU MAY NEED:

- * Yoga mats (or have people bring their own)
- * Projector
- * Internet
- * Computer (to play videos via projector)
- * Speaker or built-in audio capability
- * Youtube (or equivalent) yoga class taught by a certified instructor
- * Change to Chill mindful movement [*instructional videos*](#)

ACTIVITY 4: POST-IT® NOTE MESSAGE WALL

This would be a fun activity to do while tabling at an event or in a school! Tape off a big rectangle on a wall where students are instructed to place their post-it notes. Ask teens to write ideas on what they do to stress less, such as 'going on a run,' or 'making slime with their friends.'

WHAT YOU MAY NEED:

- * Pens
- * Multi-colored Post-It® notes
- * Tabling supplies (if applicable)
- * TV or computer to play [*Change to Chill videos*](#)

ACTIVITY 5: ASSEMBLY

What better way to get the message out than to gather everyone into one place to learn about stress management together? How cool would an Instagram photo look of a packed gym or event space of people meditating? Check out the [workshop plan](#) on the Change to Chill website for a detailed, step-by-step guide for putting on an assembly that helps participants identify their sources of stress and offers practical, interactive activities they can do to help relieve their stress.

WHAT YOU MAY NEED:

- * Change to Chill [youth workshop plan](#)
- * Electronic devices for each participant or one with a larger screen that can be seen by all
- * Internet connection
- * Projector or TV
- * Pen or pencil (one for each participant)
- * Copies of the [Stress: What Brings It On?](#) worksheet or blank pieces of paper (one for each participant).
- * Phone cameras and computers for participating in the Chiller Challenge (see Step 8 for details)



CHOOSE-IT-YOURSELF ‘CHILL WEEK’

Are you excited about teen mental health and wellness? Do you want to immerse your peers in the full Change to Chill experience? Mix ‘n’ match your favorite Change to Chill activities with fun, catchy titles to create the most stress-free week ever!

Whether you’re building an agenda for a small group or an entire school, we have tons of ideas to create an event that works for your needs. We included a sample layout of what a Chill Week could look like below.

CHOOSE YOUR DAILY TITLES/THEMES FROM THE LIST BELOW, OR COME UP WITH YOUR OWN!

- * Build your calendar
- * Plan your week of events
- * Promote, promote, promote!

MONDAY

MAKE-IT-YOURSELF MONDAY: do a stress-free DIY (like the bath fizz, slime, or tea recipes included in this guide!)

MEDITATION MONDAY: have your group, class or student body do a guided meditation together.

MINDFUL MONDAY: have your group, class or student body do a mindful movement video together, or ask a local instructor if they’ll teach a free class session.

MELLOW OUT MONDAY: take fifteen minutes out of class or a meeting to color an [advanced coloring sheet](#) together, or turn your class or meeting into a Chill Zone for a day.

TUESDAY

TAKE-A-HIKE TUESDAY: have your class (or your friends, colleagues, etc.) head outside for a walk or check out a local or state park for an adventure! Getting your body moving and stepping outdoors can refresh your mind and energize your body. For added mindfulness, leave your gadgets behind!

TURN-IT-OFF / TECH-FREE TUESDAY: ask participants to put their phones and gadgets away for the day and focus on being present.

TURN-IT-DOWN TUESDAY: have participants list five habits they wish they could break and challenge them to change their ways for the rest of the week.

WEDNESDAY

WORKOUT WEDNESDAY: check out a group fitness class, take a walk together, create a competitive obstacle course, etc. Just get moving!

WRITE-IT-OUT WEDNESDAY: ask participants to bring in a journal, or provide them with Change to Chill gratitude journals, and spend a couple minutes journaling about people, events or things you're grateful for. Encourage participants to incorporate gratitude journaling their daily or weekly routine.

WELLNESS WEDNESDAY: reach out to local dietitians, personal trainers, counselors, etc. to build a wellness panel to talk to your school or organization. Ask them to share simple, realistic changes you can start making to better your overall wellness. If they are unable to attend in person, ask if they would be willing to share tips about improving wellness via an email interview.

THURSDAY

THOUGHTFUL THURSDAY: participate in the [*Chiller Challenge*](#)

THANKFUL THURSDAY: have your group members think of three people they are thankful for and have them write and create thank-you cards out of construction paper, stickers, cutouts, etc. to give to them (or provide stationary).

THROW-IT-OUT THURSDAY: challenge participants to clean out their desk, closet, locker, home, etc. De-cluttering = de-stressing!

FRIDAY

FUN FRIDAY: talk to your organization or school leaders about extending your lunch break for fun activities, or turn your class/meeting into a Chill Zone

FRIENDSHIP FRIDAY: replace your normal class or meeting agenda with fun icebreakers and team building activities.

FOCUS FRIDAY: whether you have classroom computers or craft supplies, spend part of class or meeting time designing a checklist that will help you stay focused on accomplishing your daily, weekly or monthly goals.

FIT FRIDAY: check out a group fitness class, take a walk together, create a competitive obstacle course, etc. Just get moving!

FINISH LINE FRIDAY: end the week on a big, positive note with an assembly or all-organization gathering.



DIY RECIPES FOR STRESS-RELIEF

IN NEED OF A FUN WAY TO RELIEVE STRESS?
CHECK OUT THESE IDEAS. BUY YOUR SUPPLIES IN
BULK AND INCORPORATE ONE OF THESE INTO A
SMALL-SCALE EVENT.

STRESS-RELIEF DIY: BATH FIZZ

WHAT YOU'LL NEED:

DRY INGREDIENTS

- * ½ cup baking soda
- * ¼ cup citric acid (most important ingredient!)
- * ¼ cup cornstarch
- * ¼ cup epsom salt

WET INGREDIENTS

- * Few drops soap coloring or food coloring (until desired color is reached)
- * 3 tsp. castor oil
- * 1 tbs. essential oil
- * 1 tbs. water

MISC.

- * Mold (plastic holiday ornament, soap mold, etc.) - We cut a tennis ball in half!
- * Various kitchen bowls and utensils

STEP 1: MIX!

In a medium size bowl, whisk dry ingredients together, and in a separate, small bowl, mix wet ingredients.

DRY >



WET >



STEP 2: COMBINE!

Add the liquid to the dry mix, one spoonful at a time and whisk as you go. Pouring too much, too quickly will activate the solution!

The mixture will start to clump together. Continue whisking until you have a thick, even consistency.



STEP 3: MOLD AWAY!

Pack your mold tightly and fully. Put both mold halves together. They should be filled to the brim so that they stay together once dried. If using a tennis ball, use a rubber band to fasten in place. If using a plastic ornament, apply pressure until it clicks shut.



It's best to let it dry overnight, but if you'd like to use it right away place it in your fridge for half an hour.

Carefully remove it from the mold once it's completely dry, and voila!



STRESS-RELIEF DIY: SLIME

WHAT YOU'LL NEED:

INGREDIENTS

- * ½ cup gel or white school glue
- * ½ cup warm water
- * ½ cup hot water
- * ½ tsp. Borax

OPTIONAL ADD-INS

- * Food coloring
- * Sequins & glitter

MISC.

- * Various kitchen bowls and utensils

STEP 1: MIX!

Pour ½ cup of glue and ½ cup of warm water into a medium size bowl. Stir to combine. If you're adding food coloring, glitter, sequins, etc., now is the time!



In a separate, small bowl, mix ½ tsp. Borax with ½ cup hot water. Mix thoroughly, but it's OK if you still see some particles.



STEP 2: COMBINE!

While stirring the glue mixture with one hand (or while your friend/parent is stirring), slowly add the borax mixture and stir continuously.

It's all about stirring! You will need to add the entire $\frac{1}{2}$ cup of the borax mixture to the glue mixture.



STEP 3: WORK IT!

Slime will begin to form right away. When it's well mixed, remove the slime from the bowl. It's likely you'll have some excess liquid once all the slime has formed.

Start kneading the mixture with your hands until it's no longer stringy.



To store for later use, tightly seal in plastic container with a lid or a plastic bag.



STRESS-RELIEF DIY: TRANQUIL TEA

WHAT YOU'LL NEED:

INGREDIENTS

- * ½ cup chamomile
- * ¼ cup lemon grass
- * ¼ cup rose petals
- * Water

MISC.

- * Glass jar (or any container with a lid)
- * Tea infuser or tea bag
- * Teapot or another method for boiling water
- * Your favorite mug

STEP 1: MIX

Add all of the herbs to your glass jar. Shake until they are well mixed.

STEP 2: MEASURE

Add 1 tbsp. of the mixture into a tea infuser.

STEP 3: BOIL

Add 8 oz. water into a teapot and bring to a boil.

STEP 4: INFUSE

Place the tea infuser into a mug and cover with boiling water. Let your tea steep for at least 5 minutes.

STEP 5: ENJOY!

Optional: add a little raw honey or your favorite sweetener to help bring out the flavors.

Store in airtight container for future use.



STEP-BY-STEP GUIDE TO PROMOTING YOUR EVENT



BEFORE THE EVENT

SOCIAL MEDIA SETUP

Create a Facebook event and ask every planning team member to send invites to their friends.

Determine a unique hashtag and include it on all of your marketing materials. If you're partnering with an existing youth group, add the hashtag to every bio and "about us" section of the social media accounts they actively use.

PROMOTE THE EVENT

Promote the event on all of your social networks at least two weeks before, and put emphasis on the program of the event. For example, if you're bringing in a yoga instructor to teach a mindful movement class, post a short promo video (if available) or their photo paired with their bio. Post often, and post during peak social media hours (see chart on page 32-33). Use social media to provide supplementary information that will spark interest in learning more about what your event will entail.

If you're doing a day or week-long event, post the schedule of events in advance and use social media to further explain certain concepts or create excitement about the activities you're offering.

If your school or organization has a parent newsletter, ask to include information about your event. Keeping parents in the loop can help start a conversation about stress at home, and it may lead to more informed parents that can better help their teens deal with stress.

DURING THE EVENT

COMMUNICATE EVENT DETAILS

Use social media and school or email/text announcements to remind people about locations and times, where to find more information, and who to contact in case of any issues.

PRODUCE AS MUCH CONTENT AS POSSIBLE

Take lots of photos & videos! Do you have a friend who owns a high-quality digital camera? Does your school or organization check them out to students/members? Do you know of a photography or yearbook club you could partner with? Does your school or community have a photography class you could work with? Do you or one of your fellow event planners have an iPhone 7+ (or other high-quality phone cameras)?

Talk to your school or organization's public relations or marketing representative about what required permissions are needed for publishing content.

- * Do you need photo releases of everyone, or just the people in photos you wish to publish?
- * Do you have a plan for collecting that information?
- * Is a 'blanket statement' sign letting participants know they're being photographed sufficient?

IF YOUR PHOTO RELEASE GUIDELINES ALLOW:

Take pictures of the location, participants, activities, etc. and post them throughout the day.

Capture video content of students participating in your event activities, and gather testimonials throughout the day of student and teacher reactions.

END-OF-DAY RECAP

Thank all of the participants and volunteers on your social media accounts at the end of the day/event.

If applicable, remind them of the date and location of the next event.

AFTER THE EVENT

PUBLISH THE MEDIA CONTENT YOU GATHERED

Select your favorite images and share them on social media.

Compile your video footage to create a recap video.

If you plan on hosting the event again, save the video footage and create a "hype" video to promote it the next time around.

Send a press release (sample can be found on the next page) and a few of your favorite photos to your local news outlets (don't forget to check with your public relations/marketing representative first).

WHY A PRESS RELEASE?

It doesn't cost anything to send to news outlets.

If published, it can bring more visibility to the issue at hand and help educate the public.

It has the potential to spread far and wide!

SAMPLE PRESS RELEASE

For immediate release

For Further Information contact:

[NAME]

Phone:

Email:

[HEADLINE]

[Sub headline, if needed]

There is so much pressure to do and be your best in school, at home, online, in after-school activities and your social life. Stress is just about everywhere!

That's why [School/organization] teens decided to "Change to Chill" with a [name/type of event] to help their peers make mindful decisions about their overall mental well-being. The event included [school level] students and had about [number of participants] participants. Students... [provide one sentence description of activities].

[Quote from student or teacher about event]

Change to Chill was launched in 2014, in response to a [community health assessment](#) that identified a growing need for mental health support for teens in the communities served by Allina Health. [Data](#) has revealed that the need for programs like Change to Chill continues to grow.

Change to Chill is a free online resource offered by Allina Health. Through collaboration with teens, parents, schools and community partners, the program provides easy-to-use information and resources about stress for teens. The program addresses what stress is, what triggers it and how to recognize its signs; and equips teens with tools for coping with stress, such as meditation, mindful movement, how-to videos and guided imagery.

For more information on Change to Chill, visit changetochill.org

HOW TO CREATE THE PERFECT POSTS

INSTAGRAM

Instagram is a great application for spreading the word about the things that you're planning and doing. Here are a couple of tips for making a cohesive and polished Instagram feed.

BEST TIMES TO POST:

6AM - 9AM weekdays

3PM - 10PM any day

WORST TIME:

9AM - NOON

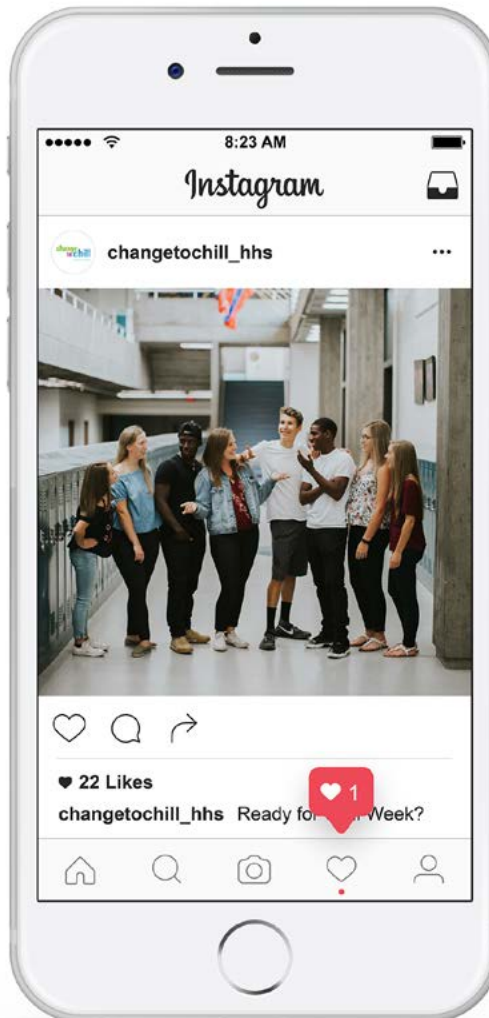
CONTENT:

Put some thought into the types of images and videos you will post. It's best to use high quality photos, this means taking pictures with nicer smartphones or even borrowing a quality camera.

Post photos or graphics both leading up to and following events and activities.

EDITING:

Try your best to be consistent with your editing style. Instagram offers in-app filters, but sometimes less is more. Subtle tweaks like adding a little brightness and contrast can go a long way.



WHO IS POSTING?

Does your school or group have an Instagram account you can post from? If not, consider creating one specifically for Change to Chill events!

CAPTIONS:

Use a caption to help send your message. Tell your followers about upcoming events and activities you have planned.

CREATE A FOLLOWING:

If you're starting an account just for Change to Chill events, you'll need to do some work to get people to see your posts. You could try..

FOLLOW FOR FOLLOW?

Following the people you'd like to see at your events is a great way to gain a following.

#HASHTAGS

Use hashtags for your school or group and even try creating your own!

HOW TO CREATE THE PERFECT POSTS

FACEBOOK

Facebook can be a powerful way to reach the people in order to inform them of upcoming events and activities. Check out the tips below on the best ways to utilize Facebook.

BEST TIMES TO POST:

3PM - 9PM weekdays

10AM - 1PM weekends

WORST TIME:

9AM - NOON weekdays

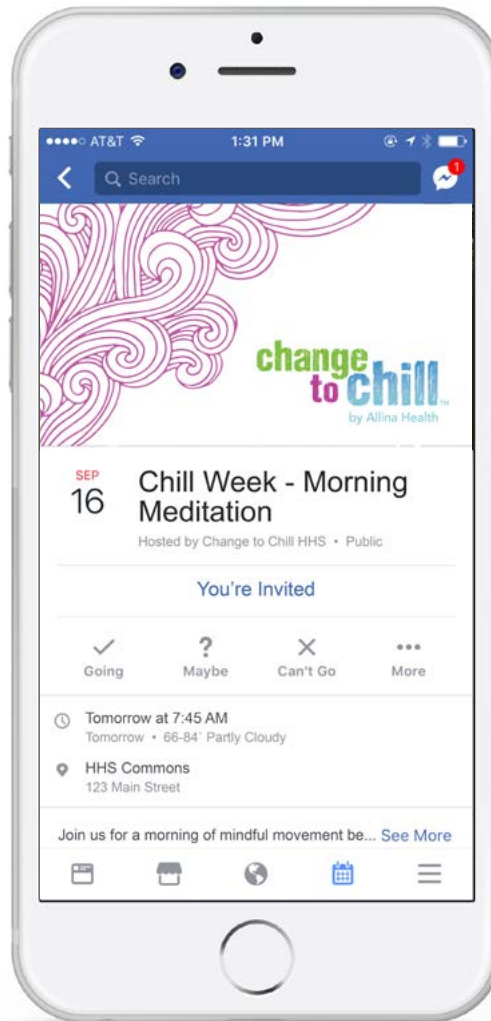
8PM - 8AM weekends

CONTENT:

Facebook can work well for a variety of things. If you're a Chiller Challenge, feature submissions on your page. Make posts about upcoming events you're planning and post photos from your event afterwards.

PHOTOS:

While text posts get the job done, a photo or video is much more likely to grab your audience's attention. Try adding a relevant photo to your posts and events.



WHO IS POSTING?

On Facebook it helps to post from pages that your target audience already follows. If you choose to make your own Facebook page for Change to Chill, see if your school or group will share your posts and events or even share them from your personal account.

EVENTS:

Facebook events are a great tool to use when creating any sort of large-scale event. Include date, time, and location along with a description of your event. Then invite students or other teens to the event.

OTHER HELPFUL TIPS

ADULT SUPPORT

Recruiting adult supporters and team members is important, as they can provide guidance and expertise, help teens learn how to work with adults, and handle some of the planning and facilitating.

Try approaching adults who already have a vested interest in teen mental health, such as guidance counselors, health and physical education teachers, or adult advisors for youth organizations.

FINDING SPACE

It's a good idea to have a couple of potential dates for your event to have a little flexibility when reserving a location. Finding space during school hours that's easily accessible to students can sometimes be tough, so you may have to get creative.

THINGS TO CONSIDER:

- * Are there classrooms/meeting rooms that aren't used at certain times of the day?
- * Is there a courtyard?
- * Is there a favorite teacher who would lend you their classroom before or after school?
- * Are you part of a community organization (or do you know someone who is) that has meeting rooms?
- * Is there a gym or large gathering area available for reservation in a school or community center?
- * Can you set up an event in school or publicly located hallways?

When talking to your principal or organization leader about reserving a space, have all of your well-thought-out plans at the ready, and be prepared to answer logistical questions.

ATTENDANCE

PROMOTION: Did participants see your posters, watch your video announcements, and hear their friends talking about it? Did you start promoting it early enough? Did you personally invite your friends and acquaintances?

CONTENT: Does your event look fun and interesting? Are you doing something unique that no one has tried at your school before?

LOGISTICS: Is your event on the same day as another? Does your event take place at an inconvenient time for most students?

KEEP YOUR TEAM MOTIVATED

So you've found your team, but you're having trouble getting members to show up to meetings or getting people excited about taking on some of the tasks. What do you do?

MAKE MEETINGS FUN: Put on some music, bring some snacks and listen with an open-mind to what group members have to say.

POSITIVE AFFIRMATION: When someone does a good job, make sure you let them know. People like to have their hard work recognized!

Give them some ownership over the campaign/event - don't be afraid to delegate!



RESOURCES

[Allina Health Mental Health](#) provides information on services and treatments, care providers, when to get help, and more.

[Emotional Health Videos](#) addressing stress and depression provided by the Allina Health Video Library.

[What is stressing you out?](#) This handout for teens talks about what stress can do and tips to help manage it.

[Feeling Anxious?](#) This handout for teens talks about what anxiety and ways to control it.

[Teen Depression](#) – Symptoms, causes, treatments and more.

[Teen Bipolar Disorder](#) – Symptoms, causes, treatments and more.

[Healthy, Set, Go](#) blog contains wellness and prevention information from the experts at Allina Health.

[NAMI \(National Alliance on Mental Illness\) Minnesota](#) – Working to improve the lives of children and adults with mental illnesses and their families.

[The UCLA Mindful Awareness Research Center](#) offers free downloadable Guided Meditations.



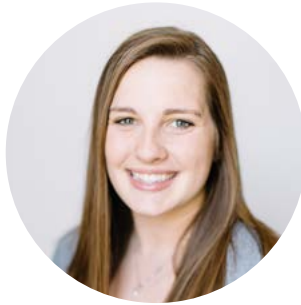
MEET THE 2017 CHILL CHAMPIONS

This guide was created with the help of high school students from around the area who participated in Allina Health's first ever Change to Chill Internship program. As part of the internship, these teens helped to create relatable content that reduces the stigma around mental health and offers tangible ways to reduce the stress of high school.



AKIRA

HIGHLAND PARK SENIOR HIGH



MIKAYLA

SHAKOPEE HIGH SCHOOL



MOLUBAH

BROOKLYN CENTER HIGH SCHOOL



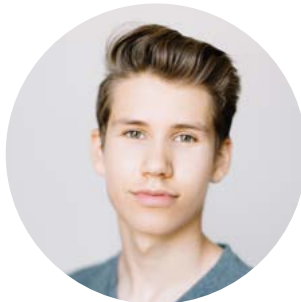
EMILY

WAYZATA HIGH SCHOOL



BETSY

SHAKOPEE HIGH SCHOOL



KYLE

WHITE BEAR LAKE NORTH HS



AVA

ANDOVER HIGH SCHOOL



KAYE

RIVER FALLS HIGH SCHOOL



SARAH

HUDSON HIGH SCHOOL



MARQUES

SAINT PAUL CENTRAL HS